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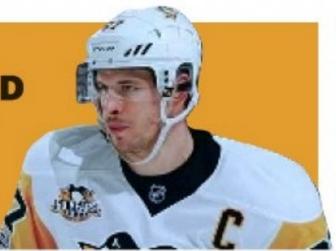
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## Edmonton CHIMAMANDA NGOZIADICHIE MANIFESTO FOR NEXT GENERATION FEMINISTS metroLIFE

Your essential daily news | Thursday, May 4, 2017

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# NURSE NURSE

## NURSINGERANGE

Health workers buy up Darnell Nurse jerseys metroNEWS
Full coverage of Oilers vs. Ducks in Game 4 metroNEWS.ca

## Still sweeping away the ashes

#### FORT MAC: ONE YEAR LATER

#### Anniversary sees residents mourn or just try to move on

Residents of Fort McMurray marked the first anniversary of the wildfire that destroyed 10 per cent of the city with yoga classes, picnics by the river or in some cases—nothing at all.

The fire ignited deep in the bush on May 1 and exploded into a blaze that forced the evacuation of the entire city two days later.

More than 80,000 people fled as towering flames licked at their homes and crackled along the only highway out of the city.

"Everyone needs to do their own thing to mark this day." said Melissa Blake, mayor of the Wood Buffalo regional municipality that includes Fort McMurray.

Blake said more and more rebuilt homes are springing up.

"If you drive through the neighbourhoods that were most impacted, you'll find a buzz of activity," Blake said Wednesday.

"However, these are still the early days of our recovery. We know that it's going to be a much longer process than any of us would ever want."

Premier Rachel Notley said it was a day to mourn two young people who died in a highway crash as they fled: Emily Ryan, 15, and Aaron Hodgson, 19.

"We also mourn all that the fire took from people: their homes, their baby photos and all the belongings that helped to anchor so many cherished memories," she said.

"It's important to mark the day because tomorrow it starts fresh," said Leesa McLeod, who manages community wellness for the municipality's recovery task force. "It's almost as though it was New Year's Eve and tomorrow is a fresh day for us."

THE CANADIAN PRESS

More coverage, page 5 and online at metronews.ca



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## MEWS

Your essential daily news

Thursday, May 4, 2017

**2016 CANADIAN CENSUS** 

## City a millennial hot spot

STATISTICS

#### Edmonton has third highest rate of people age 15-34



Omar Mosleh Metro Edmonton

Canada may be going grey, but Edmonton is bucking the trend with one of the highest percentages of millennials anywhere in the country, according to new census data released Wednesday.

It's a trend expected to shape Edmonton's future in a big way.

According to Statistics Canada, Edmonton has the third highest rate of millennials, which they define as those aged between 15-34, at 29.5 per cent of the population, compared to the 25.3 per cent national average.

Saskatoon had the highest percentage of millennials at 30.2 per cent of the total population, with Calgary not far behind at 28.5 per cent. The prairie provinces were the only ones to have more millennials than baby boomers (people aged 51-70).

Statistics Canada senior analyst Julien Bérard-Chagnon said Edmonton's high percentage of millennials is due to higher fertility rates in the west, a higher rate of immigration from abroad, and interprovincial migration from people looking for work in Alberta.

"The fact that Edmonton has more millennials than the coun-



try as a whole still shows there's an interest for people to go to Edmonton," he said. "So usually your labour market is more dynamic than other places in the country; you are attracting a lot of young workers."

But that 15-34 demographic, a group dominated by students, young professionals and tradespeople, also presents different challenges for cities, says Professor Sandeep Agrawal, the director of the urban and regional planning program at the University of Alberta.

"The millennials tend to be more environmentally friendly, more socially oriented ... so you'll see them moving more into the downtown area, wanting to be close to amenities, transit and grocery stores," he said.

Agrawal noted that millen-

nials in Edmonton tend to have higher incomes compared to their counterparts in Vancouver for example.

"What that means is they would want to buy homes, wanting to start a family much sooner," he said.

That will have impacts on housing, childcare and healthcare systems, Bérard-Chagnon said.

"If these people have families in Alberta, it could put some pressure on kindergartens and eventually on schools."

While Agrawal expects some of those millennials will move to the suburbs to start their family, there will still be a high demand for affordable housing downtown for young families.

He added that the city has an important role to play in encouraging this, and the province can also contribute with measures like rent controls.

"They could do it through zoning, by allowing more developments that are more geared towards individuals and smaller families," he said.

But if Edmonton is going to maintain its reputation as a draw for young people, it's going to have to keep up with the way millennials want to live and work, according to City of Edmonton Youth Council Chair Genna DiPinto.

One of the biggest challenges young people face, she said, is finding work that accommodates their studies or parent responsibilities.

"Finding seasonal employment and even part-time work is a difficult task for anyone my age. Edmonton is going to have to keep up with the way millennials want to live and work, says Genna DiPinto.
KEVIN TUONG/FOR METRO

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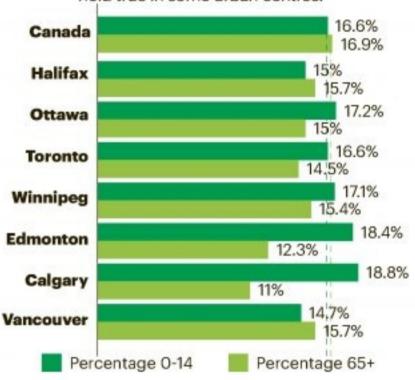
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## The national demographic

The ranks of seniors grew by 20 per cent between 2011 and 2016. The census counted 5.9 million seniors and 5.8 million youth in 2016, marking the first time there were more Canadians over 65 than 14 and under. The pattern does not hold true in some urban centres.



Especially finding internships or career-driven work opportunities ... we need to move past the 9 to 5 understanding of work," she said.

She said she hopes to see both the public and private sector offering more opportunities for millennials to kick-start their careers, such as internships.

"Young people are often perceived to be inexperienced, but a lot of time we just have different experience."



DEVELOPMENT

#### Laneway home pilot projects expected



Edmonton could be in store for new laneway housing projects this summer, as the city prepares to further accommodate homes that face back alleys.

City councillors voted Wednesday at the urban planning committee to task administration with developing pilot projects that look at improv-

developments that see garden or garage suites abut back alleys.

On top of that, city staff will work on advancing "the laneway conversation" as part of discussions with the public over Edmonton's broader infill strategy, said city planner Kalen Anderson, during the meeting.

"I think we have a good mandate to do this and good direction to explore it," Anderson said, regarding the pilot projects, in which details have yet to be de-

ing laneway housing, which are termined. "This is an opportunity to call out communities that are interested, and I'm confident we'll see a few hands go up."

> The push for laneway housing comes as Edmonton looks to increase density in aging inner city communities, in an effort to see more young people and families move in.

The laneway homes also provide affordable options for renters and help homeowners pay off their mortgages, according to Ashley Salvador with the Infill Development in Edmonton Association. "It's one of the larger pieces of the puzzle on needing more but gentle density," said Salvador, who's also studying the housing model.

Planners will return to the urban planning committee in the summer of 2018 to discuss the next steps for the overall infill strategy. The pilot programs, however, could begin as soon as this summer or next spring depending on community interest, according to Anderson.



Nurses at Royal Alexandra Hospital are showing off their Oilers support with #25 Darnell Nurse jerseys and T-shirts. KEVIN TUONG/FOR METRO

## Nurses don 'namesake' player pride

HOCKEY

Health care providers buy up Darnell **Nurse jerseys** 



Omar Mosleh Metro Edmonton

Tim Tsounis had just hit up the fourth sports store looking for a Darnell Nurse Oilers jersey when he finally gave up.

"There's none in the city, I couldn't find one anywhere ... When we went to the Oilers store they told us they're not printing Nurse jerseys, which is unfortunate because a lot of the hospitals are look-

was funny," said patient care manager and registered nurse Liane Manz. "But I was happy I got it because I really like how he plays, he has a good physical presence."

She first wore the jersey to work during the first playoff game against the Sharks, which the Oilers lost.

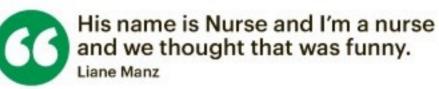
"It wasn't such good luck but I'm hoping for a better run this time."

Registered nurse Stacey Middleton said she received her Nurse jersey as a gift in December 2016 and appreciated the irony of it.

She loves the reactions she gets from both patients and staff, especially on game days.

"There's a lot of really positive reactions and it certainly lightens the mood, all of the time," she said.

Tsounis said the group ef-



ing for Nurse jerseys," said Tsounis, one of the managers of the medicine program at the Royal Alexandra Hospital.

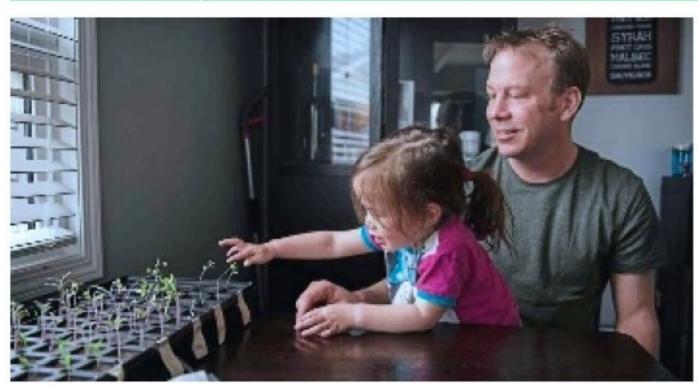
Nurses and staff are showing off their Oilers pride by rocking #25 Darnell Nurse jerseys at the hospital on game days. Nurse himself has noticed the trend and said he thought it was "awesome" in a post on Twitter.

"His name is Nurse and I'm a nurse and we thought that fort has brought the nurses closer together in what can be a challenging career.

"There's been a tremendous solidarity around the nurses, simply because the Oilers are in the playoffs and that alone is bringing everyone together. The fact that we can wear our jerseys and T-shirts at work is a bonus," he said.

"It's hard not to be a hockey fan in Edmonton."





Jon Tupper and three-year-old daughter Lillian inspect their indoor garden in anticipation of taking their green-thumbs outside. JENNIFER FRIESEN/METRO

## Morel mushrooms rise from the ashes

#### FORT MAC: ONE YEAR LATER

#### Fire-ravaged land begins to show signs of new life



Lucie Edwardson Metro | Calgary

One year ago Fort McMurray resident Jon Tupper watched from his backyard as a fire that would soon be dubbed The Beast began to devour the surrounding Boreal Forest.

A few weeks ago Tupper stepped into his yard again with his three-year-old daughter and breathed a sigh of relief.

"I had that moment where it was nice out and I went out there with my daughter, cracked a beer, and for the first time in almost a year I felt peace," he said.

Tupper, and avid gardener, said he felt robbed of a summer last year after the fire destroyed any chances of flourishing gardens or crops in the area.

"We came to what we knew to be a beautiful forest and it's all burnt down and that hurts your soul a little bit," he said. "And then none of our own plants survived either."

Tupper said he was able to recover a few plants, but gardening came second to fire cleanup.

"You're so busy dealing with insurance and trying to get the smoke smell out of your house that you don't have a moment of pleasure to just be in the outdoors and enjoy it," he said.

Tupper plans on taking full advantage of the growing and gardening season this year. He said he's most looking forward to growing corn — which failed to produce last year —in his south-facing yard, and digging in the dirt with his daughter.

Although much was destroyed in the fire, new life has also risen from the ashes in the form of morel mushrooms.

"They tend to really thrive after a fire," he said, adding that he and dozens of others from a Fort Mac gardening group on Facebook plan to harvest the mushrooms from the forest floor as soon as the weather permits.

#### Global digest

#### ITALY

#### Vaccine debate heats up

The vaccine debate is heating up as Italy deals with a measles outbreak, an anti-vaccine campaign and a a nurse who claimed for years to have inoculated children but didn't. AP

#### FRANCE

#### Le Pen, Macron debate

Emmanuel Macron and Marine Le Pen faced off Wednesday night in a high-stakes debate. Le Pen painted Macron as a servant of business, while he said she was shaky on details. AP

#### WASHINGTON, D.C.

#### FBI director defensive

FBI Director James Comey insisted Wednesday he was consistent in disclosing information about an investigation into Hillary Clinton's emails before Election Day. AP



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#### HANDS THAT HARVEST YOUR Your essential daily news PHILOSOPHER CAT by Jason Logan

#### **CHANTAL HÉBERT ON THE END OF SUNNY WAYS IN OTTAWA**



So much for sunny ways! As Justin Trudeau's government nears the halfway mark of its first mandate, finding some willingness to engage in adult conversation on either side of the House of Commons is almost as hard as it was on the worst days of the previous Conservative government.

Since the new year, the tone has steadily deteriorated, and if this week is anything to go by the climate is bound to become more toxic until Parliament finally breaks for the summer.

In question period, debate has essentially defaulted to a dialogue of the deaf that allows for little or no reasoned arguments. The opposition squawks loudly at a flock of government parrots.

This week the government rescheduled a Conservative opposition day from Thursday to next Monday. The official Opposition wants to use the time to turn up the heat on Defence Minister Harjit Sajjan for having aggrandized his role in the planning of a major military offensive in Afghanistan, Conservatives and New Democrats have spent the week calling for his resignation. The Liberals hope that by next week the story will have run out of steam.

All this is unfolding against

As Trudeau reaches the midpoint in his term, the shine has come off.

the backdrop of a procedural war over a clumsy Liberal attempt to tweak some of the rules of the House to the government's advantage. Such is the bad blood between the opposition and the Liberals that when the latter waved a white flag and abandoned their most contentious proposals, none of the other parties would pause long enough to claim victory.

While the parties wrangle, the government struggles to advance its legislative agenda. Not that it is particularly impressive. The spring sitting will mostly be remembered for broken or missing-in-action Liberal promises.

Take Trudeau's commitment to give the Parliamentary Budget Officer more independence. The legislation brought forward by the government would instead further clip the already short wings of the PBO.

The malaise that has overtaken Parliament Hill has root causes on both sides of the House.

For all the talk about running a more collegial operation, Trudeau's government is as centralized as its predecessors. Nothing much happens without a green light from the PMO.

Since Donald Trump's election. Trudeau's inner circle

has had its hands full trying to keep up with the changing moods of the American president. Just last week the prime minister's top aides Katie Telford and Gerald Butts — flew to Washington in a hurry to take stock and, if possible, mitigate a Trumpinduced NAFTA storm.

But while Trudeau's brain trust is watching the White House, it can't always have its eye on the many other balls that a cabinet dominated by political rookies is liable to drop.

Liberal strategists believe the price to pay for having dumped the commitment to change the voting system will not be high in the next election. Perhaps, but they may have underestimated the parliamentary cost of squandering a serious amount of opposition goodwill and trust in the process.

Trudeau's reversal accounts for part of the cement that binds the New Democrats to the Conservatives in the opposition battle against the Liberal rule changes.

With the election of Stephen Harper's successor less than a month away, the Conservatives are not looking to tie the hands of their next leader. While they pile on an embattled minister or engage in procedural warfare, they

are spared having to come up with a caucus consensus on divisive issues like the future of Canada's supply management approach to dairy and poultry, or the government's cannabis legislation.

Over on the NDP side Thomas Mulcair's prolonged last hurrah as party leader is turning into an outlet for a lot of pent-up anger. Much of it is directed at Trudeau, a counterpart that Mulcair saw as a political weakling when they sat side by side in opposition and, by all indications, still sees him that way now that he is prime minister. The animosity between the two is not just for show.

With every passing week Mulcair's tone seems to become more strident - to the point that it sometimes overtakes the substance of his arguments. On Tuesday, the NDP leader had to apologize for calling Liberal House leader Bardish Chagger a buffoon.

As counterintuitive as it may seem, it may take the arrival of two permanent opposition leaders to bring a small measure of sunnier ways back to Parliament Hill.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

### Watching out for Facebook's watchers



In response to a spate of murders, sexual assaults and suicides streamed on Facebook Live, the company will hire 3,000 more people to monitor content on the site.

It's necessary and should be applauded. But who will watch out for the watchers?

There is plenty that is troubling in the world, from gender-based violence to mental health issues, and these societal problems are finding an audience on Facebook.

Now it comes down to a couple thousand people working for companies we all know - Facebook, Twitter, Instagram - to see the worst so the rest of us don't have to.

Facebook already has 4,500 moderators. That's nearly a quarter of its workforce dedicated to reviewing the photos, comments and live videos of over 1.23 billion daily users.

The deluge isn't just celebratory parts of daily life brunches, birthdays and bar mitzvahs - but traumas and terrors, too.

In Thailand, a man murdered his baby daughter before killing himself, all streamed live. A Nunavut man streamed his desire to die by police; he died hours later. And in Manitoba, a community is reeling after a teen girl was killed, and video appearing to show

young people attacking the victim was shared repeatedly on the social network.

The volume of content is overwhelming. And increasingly, the people who delete objectionable content are overseas in places like the Philippines.

Facebook isn't the only company struggling to cope, and theirs won't be the only employees burdened by the work of keeping the Internet relatively clean.

While there is technology that identifies child pornography, its results must be verified by human beings.

In a case filed last December, two men are suing Microsoft for the PTSD and related mental health issues they say they are experiencing after moderating content for the company. Their task keeping violent images, especially child abuse, off the Internet has, they allege, made them unable to work and be functioning members of their families.

There isn't yet technology to remove the kind of violent and damaging live-streaming video that has been making headlines. Companies like Facebook have to rely completely on human staff.

Facebook does have a process to support content reviewers. But as it hires more people - and potentially, more overseas support in countries with less robust health services - it must ensure that the issues it's fighting online don't end up doing more harm in real life.

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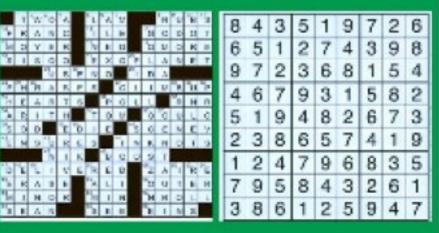
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## 



Your essential daily news

Paris Jackson, Michael Jackson's daughter, will make her movie debut in an as-yet-unnamed comedy

## A new feminist creed for 2017

BOOKS

Chimamanda Adichie's new manifesto: 'Be a full person'

Sue Carter



Two weeks ago, at a panel at the Tribeca Film Festival, the cast of the new TV series The Handmaid's Tale was asked a question that set social media on fire: Did they think the show was feminist?

Answers ranged from dodging to denial, but ultimately it seemed no one on stage wanted their show — about a dystopian

society where women have been stripped of their rights and are treated like breeding chattel associated with the "F-word."

Chimamanda Ngozi Adichie has not yet watched The Handmaid's Tale. But as one of the world's most high-profile feminists, she is not surprised by the actors' reactions or distancing from the word, especially following the Trump election in the U.S.

As the Nigerian-American author of the critically acclaimed Half Of A Yellow Sun and Americanah, Adichie's name has become synonymous with that divisive F-word. Publicly, it started with her 2013 viral TEDx talk. We Should All Be Feminists. Two years later, a bestselling book form was published. Later, a sample from her talk made its way into Beyoncé's song Flawless.

And that is how a feminist star is born.

Adichie's latest book, Dear Ijeawele, or A Feminist Manifesto in Fifteen Suggestions, started as a personal project for a friend seeking advice on how to raise her infant daughter. The slim book reads more like an intimate letter than a rigid manifesto, but Adichie had another purpose in mind while writing: "to reclaim the word feminism" from those who try to use it as a weapon, and for those who believe they don't fit into a prescribed version of what a feminist looks or acts like.

As the mother of an believes the most difficult CONTRIBUTED



18-month-old girl, Adichie Author Chimamanda Ngozi Adichie.

and important suggestion is the book's first, addressed to Ijeawele: "Be a full person."

Adichie considers herself a lifelong feminist, which she traces back in part to the influence of a strong grandmother and auntie in Nigeria. But she didn't learn the meaning of the word

until she was a teenager and a boy dismissively called her one. Since she was a young child, she did know she wanted to be a storyteller, always seeking out quiet places to write. For her many fans, Adichie represents a new generation of activists, one that loves fashion and can become the face of a cosmetic line. One that fights against the exclusiveness of traditionally white Western feminism that

dismisses anyone who hasn't read the right academic texts, says Adichie.

Declaring yourself a feminist can take its toll, as Adichie learned. She purposely limits her exposure to social media and clickbait. And there are the physical demands: "I get invited to every bloody feminist conference," she jokes. She doesn't resent her new role, but rather that it's necessary, and that it takes time away from her daughter and her much-needed writing time.

"I'm still a storyteller primarily," Adichie says. "I know it sounds naïve, but I want to change the world. I want to make the word 'feminism' redundant, and the movement no longer needed."

Sue Carter is the editor at Quill & Quire magazine.







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## METHEN HOME

Your essential daily news

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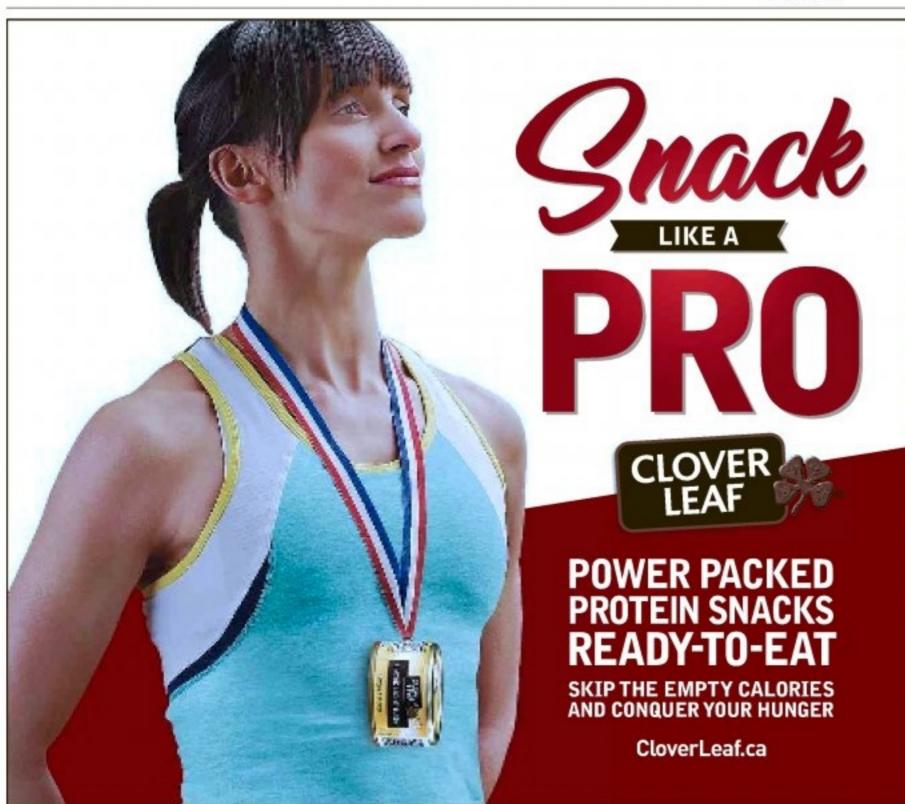
Groceries, restaurants, banks and plentiful shopping are all within walking distance of Aspen Meadows. The condos are close to the Anthony Henday ring road and Whitemud, providing easy access to the Edmonton International Airport and sites downtown. Bus riders use 17 Street or 38th Avenue for links at Millgate Public Transit Centre.

#### **Housing** amenities

The building features modern, openconcept suites with balconies and airy, window-filled spaces. Buyers can personalize their suite with a closet organization system, gourmet kitchen, dark cabinetry and energyefficient stainless steel appliances. There's laminate, tile and carpet flooring, designer colour selections and granite/laminate countertops.

#### In the neighbourhood

The Larkspur neighbourhood of the city's southeast is mature and filled with shops and services, but it's also close to green spaces like Larkspur Park and Wild Rose Park, with room to walk and cycle. All level schooling is close by, as is fitness and recreation via Goodlife Fitness and the new Meadows Community Recreation Centre. LUCY HAINES/FOR METRO





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#### SWEET IN

### SAVE BIG ON HOMES WITH HOPEWELL RESIDENTIAL

Hopewell Residential is Edmonton's stylish, affordable builder — and right now they're offering brand new promotions, savings and events.

With Hopewell's weekly House Parties, plus huge savings on homes, Hopewell is making it easier than ever to buy a brand new Hopewell home.

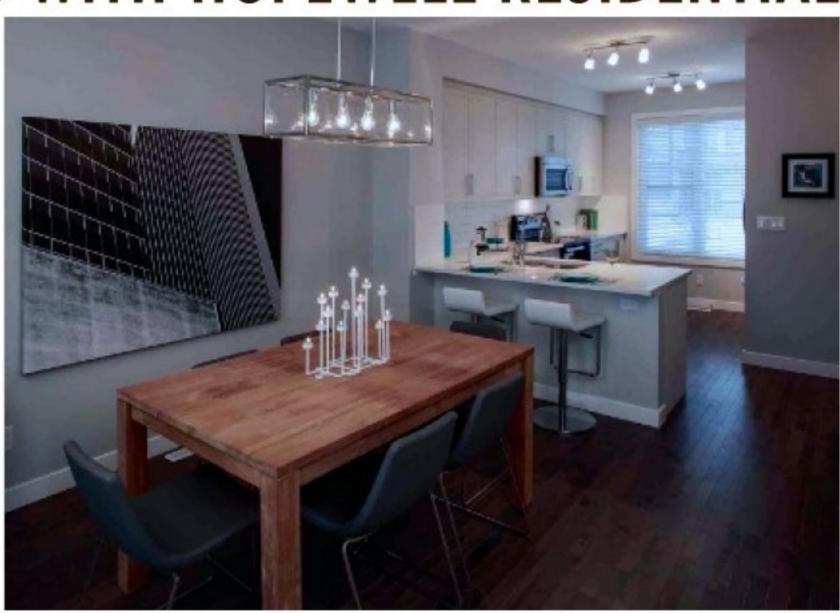
"We're offering three big weekends of awesome events and amazing savings," says marketing manager Nicole McLaws. "And this upcoming Saturday in Cavanagh our final event. We're inviting Edmonton home buyers out to enjoy family fun with free food, children's entertainers, prizes, giveaways, and the chance to save thousands on the most stylish, affordable and well-planned homes in Edmonton. In fact, we're matching other builders' promotions and offers, or we'll give you a promo that fits your needs."

Hopewell kicked off the fun in April with weekend events in McConachie, Vita at Crystallina Nera and Hawks Ridge.

The final House Party event will be hosted in south Edmonton's community of Cavanagh this Saturday, May 6, and will feature promotions and discounts, plus snacks, children's entertainment, giveaways, prizes and show home tours.

"We're opening the doors to our laned and duplex show homes in Cavanagh, plus we'll match other builders' offers — or, you can choose a free garage for your brand new laned home. With family fun and amazing savings this is the perfect time to find your new Hopewell home," McLaws says. "But it's important to hurry in, because this is a limited time offer."

Visit hopewellresidential. com for event details, promo information, show home hours and maps.



CONTRIBUTED



## House Party

BRING the WHOLE FAMILY!



FOOD



STYLISH SHOW HOMES



& PRIZES



OUR BEST PROMOTION OF THE YEAR!

JOIN!

in Cavanagh

May 6<sup>TH</sup> Noon - 5 pm

SAVE ON YOUR NEW HOME

We'll Match Other Builders' Offers or Promotions! \*



 $Edmonton's \ Best \ New \ Homes + An \ Amazing \ Limited \ Time \ Offer$ 

There are so many reasons to celebrate - join us to find your new home!

Find details, maps and more at HopewellResidential.com



\*Offer applies to pre-sale, single-family homes only (offer does not apply to condos or townhomes), within the Edmonton city limits only, and cannot be combined with any other promotion, discount or referral program. Prices and discounts vary by community and home model.

This offer expires at 8 pm on Monday, May 15, 2017. Some restrictions apply. See any Edmonton show home for details. E.G.O.E.

## Concerns over Crosby's health

Celtics star Isaiah Thomas — who had 53 points in Game 2 against the Wizards — says he's been getting tips from Kobe Bryant

🚹 GAME 4



#### "I don't know what game he's watching."

Oilers' Zack Kassian in response to Ducks coach Randy Carlyle saying "it seems like there is white-glove treatment for Mr. McDavid."



Go to metronews.ca for coverage of Tuesday's late matches.

CONCUSSIONS

#### Retirement a good play for Penguins star, experts suggest

Concussion specialists say the time may be approaching for injured Pittsburgh Penguins superstar Sidney Crosby to take a hard look at not when — but if — he should return to the game.

"When there have been multiple concussions, the chance of having persisting symptoms goes up terrifically," said Dr. Charles Tator, the director of the Canadian Concussion Centre at Toronto Western Hospital.

"So we're especially careful about helping people avoid fur-ther concussions. If he were an amateur, we would probably tell him to hang up his skates."

Crosby suffered what's believed to be the fourth concussion of his career Monday night against the Washington Capitals. His return date is uncertain.

Crosby was out of action for almost a year after suffering a pair of head injuries in early 2011. He suffered another concussion last October but only missed two weeks of action. Having suffered at least four concussions himself, former NHL forward Keith Primeau has a good idea of what Crosby is going through.

Head injuries eventually forced Primeau from the game in 2006. He had tried for over a year to get back in the Philadelphia Flyers lineup but was eventually told that it would be best if he stopped playing. Primeau retired a month later.

"If I knew then what I know now, the decision would have been for me to call it quits earlier," Primeau said Wednesday.



Sidney Crosby after a crosscheck from Matt Niskanen.

THE ASSOCIATED PRESS

"But there was no chance that I was ever going to do that. How do you convince somebody? You're playing a little bit of Russian roulette.'

Dr. Paul Echlin, a primary care sports medicine specialist in Burlington, Ont., and past chair of the London Hockey Concussion Summit, said a fourth concussion is very concerning. At that point, Echlin said, long-term effects

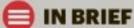
Crosby's latest setback is believed to be the fourth concussion of his career.

need to be considered.

"This is a young man's life, this is a human issue," he said. "It's not about whether the Pittsburgh Penguins advance in the playoffs."

It's unclear whether Crosby will be able to return for the second-round series or at any point in the post-season.

"He's a world-class player," said former teammate Tanner Glass, of the New York Rangers. "There's no way to replace him in your lineup. He's a leader too. He's a guy everyone looks to when times get tough. You never like to see anyone (get) hurt like that." THE CANADIAN PRESS



Cavaliers rout Raps again There was no Game 2 comeback for the Toronto Raptors. LeBron James had 39 points and the Raptors dropped a 125-103 decision to the reigning NBA champion Cavaliers.

They'll head back to Toronto down 2-0 in the best-of-seven Eastern Conference semifinal series. THE ASSOCIATED PRESS

#### Pens take 3-1 series lead

The Pittsburgh Penguins found a way to survive without injured star Sidney Crosby.

Marc-Andre Fleury stopped 36 shots and the defending Stanley Cup champions beat the Washington Capitals 3-2 on Wednesday in Game 4 of the Eastern Conference semifinals to take a 3-1 series lead. THE ASSOCIATED PRESS

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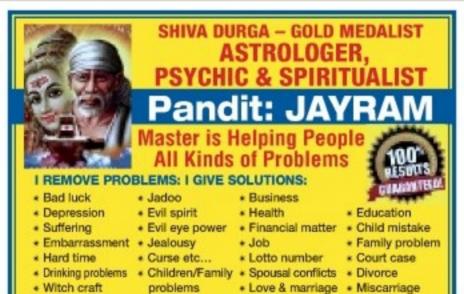
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13

#### MAKE IT TONIGHT —

## Simple Egg Drop Soup



#### Ceri Marsh & Laura Keogh For Metro Canada

You can serve this tasty and healthy soup as a starter or on its own when you feeling like eating

#### Ready in 20 minutes

Prep time: 10 minutes Cook time: 10 minutes Serves 4

#### Ingredients

- 4 cups (950 ml) low sodium chicken broth
- 1/2 cup (120 ml) chopped as-
- 1/4 cup (60 ml) chopped onion 2 eggs, beaten
- 1/4 cup (60 ml) fresh grated Parmesan cheese, extra for garnish

2 Tbsp (30 ml) unsalted butter

sea salt and pepper to taste

#### Directions

- 1. In a large pot, place butter, asparagus and onion. Saute until vegetables are soft, but crisp. Add broth and bring to a simmer, allow to simmer for 5 minutes.
- 2. Meanwhile, beat eggs and add Parmesan cheese. Then drizzle eggs into broth. Lightly stir until eggs are cooked. Lower heat and allow to cook another 5 minutes.
- 3. Ladle into bowls, sprinkle top with Parmesan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

#### CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

**ACROSS**  Nautical hook 5. 1998: "Doo \_ (That Thing)" by Lauryn Hill 8. Wetland 13. Rig out 15. 'Capital' suffix (Profit) 16. Ms. Reid's 17. Countrified 18. Thwarters/ skeptics 20. Mediterranean island 21. Makes more noise than the other noises: 2 wds. 22. "lck." 24. Yalie 25. Old Testament book 29. "I've \_\_!" (This is a scam!) 33, 1860: It's the oldest building still standing in Saskatchewan, \_\_\_ Anglican Church 35. 'To hear' in Spain 36. Surf, \_\_ wave 37. Deorbited space station 38. Jovial 40, 'Capri' suffix 41. "Ordinary Day" band from Newfoundland: 3 wds. 44. Artistically cultivated garden sights 46. Scaring-sounding snakes, say 47. Trendy 48. Goes bad, as food 49. Event planner 53. Little land form on water 58. Magazines/pa-

pers selling spot

17 18 19 20 21 22 23 24 29 33 35 34 38 37 39 40 42 43 44 45 46 47 48 50 52 58 60 63

15

16

59. \_ oil 60. "Dancing with the Stars" alum Ms. Sliwinska 61. Maiden name indicator 62. 'frisco footballer 63. Bombardier's 3-wheel motorcycle,

\_-\_Spyder

64. "\_out!" (Ump's call) 65. Curls-from-

#### DOWN

1. Wheat 2. Ocean's blue hue 3. Roll up a flag Automaker of Italy 5. Lovely sounders of the porch: 2 wds. 6. Arkansas/Missouri/Oklahoma: Mountains 7. The Smurfs

creator

8. Northern community on the Churchill River where #33-Across is located: 2 wds. Methods of entering a building: 2 wds. 10. 'Mars'-meaning prefix 11. Designation in the name of mer-

chant ships of Japan meaning 'circle' 12. "Hey ..." 14. It was never quite said this way in "Casablanca" (1942): 4 wds. 19. Angelic 23. 'Jag' add-on (Big spotted cat) 25. Laura stretched out this catchphrase on "The Dick Van Dyke Show": 2 wds. 26. Librettist for Verdi's 1893 opera Falstaff, Arrigo\_ 27. Astronaut Neil Armstrong's middle name 28. Hair hue-er 29. Only child, oldest, middle or youngest refers to what?: 2 wds. 30. Rancher's ride 31. Ventilator 32. \_\_a bone 34. Ms. Peeples 39. For instances [abbr.] 42. Little Richard's \_Up" 43. Fragment 45. Soft drink brand 48. Ms. Zellweger 49. What 'CANADA' has in its spelling: wd. + letter 50. Hester Prynne's stigma: wd. + letter 51. Ms. Paltrow, briefly 52. Whacky 54. Faux pas 55. Wrinkle 56. "By any chance?" 57. Condition

#### \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Be patient today, especially with coworkers. And also be patient with your pets, as strange as that might sound. This is because late in the day and into the evening, it will be easy to become angry.

Taurus April 21 - May 21 Parents will have to be patient with their kids today, especially late in the day, because arguments can arise easily. Likewise, romantic spats might take place between lovers.

Gemini May 22 - June 21 Life is easier if you maintain peace at home. Don't make a big deal about anything today, especially with a female family member. By evening, people are touchy and edgy.

Cancer June 22 - July 23 Today you are more inclined to go with your hunches and your feelings instead of your logic. However, this might make you overreact to something this evening because your feelings are strong. Use caution.

Leo July 24 - Aug. 23 Quarrels about money or possessions might take place late in the day. Don't get sucked into this; it's a brief influence - let it pass.

Virgo Aug. 24 - Sept. 23 Today the Moon is in your sign, which can make you more emotional than usual. By evening, it is at odds with fiery Mars, which can promote arguments. Be patient.

Libra Sept. 24 - Oct. 23 This is a good day for research. In particular, you will pay attention to detail. Ignore feelings of frustration late in the day.

Scorpio Oct. 24 - Nov. 22 You might have difficulty with a female acquaintance or friend this evening. Don't let anything get out of hand. Keep things light.

₹ Sagittarius Nov. 23 - Dec. 21 Difficulties with a boss or parent might occur late today or this evening. Be tolerant and patient, because you have to deal with these people every day.

Capricorn Dec. 22 - Jan. 20 Avoid controversial subjects like politics, religion and racial issues today, because they will develop into arguments by evening. Who needs this? Not you.

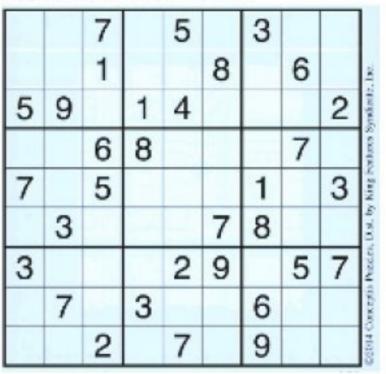
Aquarius Jan. 21 - Feb. 19 Disputes about shared property, taxes, debt and inheritances might take place today, especially tonight. Don't let this ruin your evening. Keep smiling.

#### - Pisces

Feb. 20 - March 20 You have to go more than halfway when dealing with others today, because the Moon is opposite your sign. Don't get sucked into an argument this evening.

#### **CONCEPTIS SUDOKU by Dave Green**

Every row, column and box contains 1-9



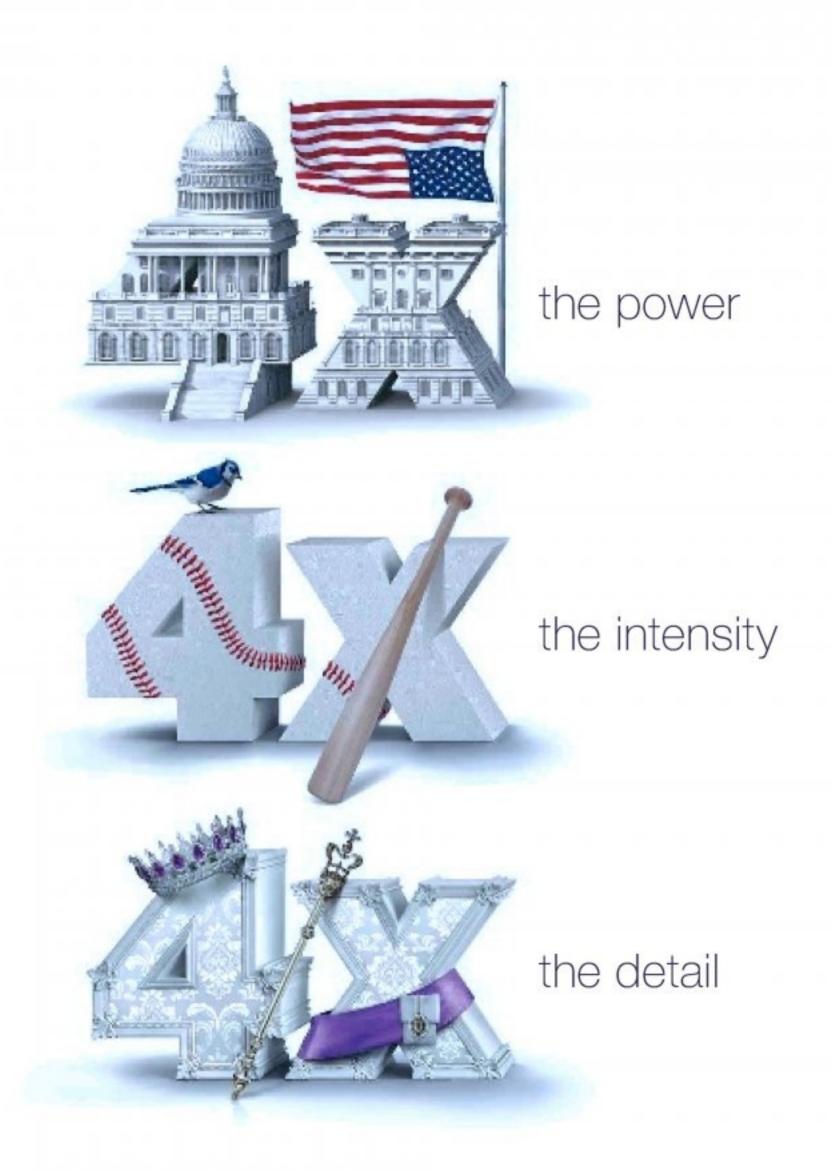
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